

DESERT

ROUNDUP



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Naval Air Station Fallon, Nevada

Friday, August 23, 2002

Local runners to race against leukemia

By JO3 Denise Morris

The Fallon Families First has teamed with the Silver State Marathon, August 25, and Lake Tahoe Marathon, October 13, as the official charity petitioning runners and walkers to join the team. Participants help raise funds for the charity, which is in its first year piggy-backed with the race, and provides financial support for families who have been affected by the leukemia cluster in Fallon.

Fallon Families First Foundation was established in 2001 in response to the children's leukemia cluster. The foundation's purpose is to provide assistance to the children as long as they are ill.

These families, who must frequently travel out of state, need help with travel expenses as well as everyday needs that might otherwise put a strain on the families' budgets.

The foundation provides financial support to the leukemia patient's families for car repairs and maintenance, groceries, rent, utilities, gas and other related travel expenses.

Both races offer events varying in lengths from the 5k (3.1 miles) run/walk to the marathon (26.2 miles) including walking categories for all ages and fitness levels and a free T-shirt upon completion.

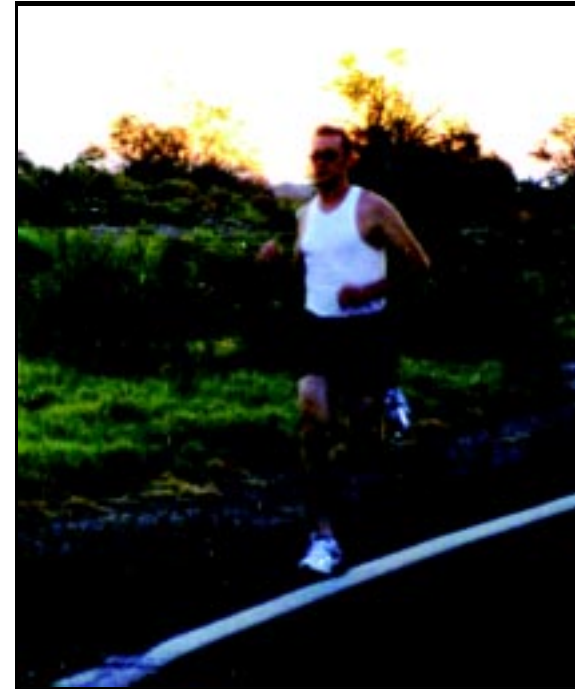
JO2 Eric Ritter and Ladd Crooker are the only runners from Fallon competing in the charity event.

According to Ritter, who is running the full 26.2-mile marathon, "When I heard about the event, a bulb went off in my head that this is something I have to do, since running is a huge part of my life anyway." He explained that he's wanted to help the community since he arrived here almost two years ago, but he didn't know what avenue to take. "I also figured it is a good way to show solidarity with a base presence alongside the Town of Fallon."

Crooker, who coordinated Fallon Families First as the official charity of the race, explained why he is participating. "It's because I love to run, and I wanted to help the community. I have children that are at the age where they are at risk of getting leukemia."

Ritter said this will be the first full marathon in which he participates. "I've always been a distance runner. Since I've been in Fallon, I've been running between 50-70 miles a week anyway to keep in shape."

Ritter added that even though he is a seasoned runner, he feels



JO2 Eric Ritter puts in the miles almost everyday preparing for the Silver State Marathon (Photo by JO3 Denise Morris).

Charity runners, Cont, Page 2

NAS Fallon cares for its kids

Youth Activity Center

By JO1 Patrick Lane

Households with two working parents have become the norm in American society as families strive to provide a good life for their children. Single parent families must struggle even harder to achieve the American Dream. Because of this, child care has become a major issue with parents and an important part of their lives. What all parents hope for is to find someone who cares about their children as much as they do to watch over them while they are at work.

The Youth Activities Center here also was looking for someone like that to serve as Director for the facility located on Cottonwood Drive at the entrance to base housing. That person turned out to be Shannon Goodrick, but it's no coincidence that she landed the job.

Goodrick, a Fallon native, took over directorship of the Center in May, but had her eye on the position for quite some time. Certified in Early Childhood Development, Goodrick has been working in the field for over a decade. Because the position of Director at the Youth Activities Center has traditionally been held by spouses of active duty members stationed here there has been a high turn-over rate due to transfers. Goodrick knew her chance at the job would eventually come. "I kept my finger on the pulse here. I knew this job would open up again and I wanted it and I knew I could do it well," she said, adding, "I was thrilled when I got the job, this is exactly what I wanted to do,"

Goodrick brings a measure of stability and continuity

Youth, Cont, Page 8

Child Development Center

By JO2 Eric D. Ritter

At one time in the Navy, people were frowned upon as they were entering the military and they had a family accompanying them to their new duty station. The kids had to be watched by somebody while the military parent was out doing their duty. Child care was normally nothing more than getting a baby sitter for the children at that time after all. However, the Military Child Act of 1989 was introduced to help improve conditions for children after decades of 'sub-par' treatment. It also gave the other parent the freedom to seek employment away from being a stay-home worker while knowing that their child can be left in competent hands.

"Childcare has come a long way in only a few years," said NAS Fallon Child Development Center Director, Casandra Porter. "The program that we have here now is probably as good, if not better, than the programs out in town."

The year-round program is open to children as young as 6-weeks up to 5-years old.

While the CDC program is comparable to outside daycare services, military parents will notice that the price is much different between the two.

"We can charge as much up to \$56 a week depending on your income," Porter said. "Where out in town, they can charge everyone a flat rate of over \$100 a week regardless of your family income."

Parents can feel safe that when you leave your child at the center, they will get the care and even an education they can be proud of.

"The staff we have here has been fully screened before they were hired here," she said. "They go through background checks, interviews and once employed they learn CPR/First Aide. They have to really love children too."

The children are taught age-appropriate lessons by our staff, and

CDC, Cont, Page 8



A young girl enjoys some time to play outside at the base CDC. The CDC is designed to care for children while their parents are away working

Chaplain's Corner



Spirituality and Addiction

By Capt. Jack Unangst, Chaplain

What role does spirituality play in the life of addiction? How does a growing/ maturing spirituality help as one key component in treating addictive behavior? There are no "quick fixes" and easy solutions to a life style dominated by choices made from, as John Bunyan's allegory says, "Vanity Fair" (a place where only the fleeting pleasures of here and now are promoted and the disciplines of the spiritual are spurned). In a nutshell let me describe how I see spirituality at work in helping overcome addiction.

There is a chain that we can use to describe addiction: First is the surroundings/environment where we find ourselves. This of-

ten causes stressors producing, second – an emotional response, whether of anger, joy, frustration, anxiety, etc. and third the urge is present, the overwhelming drive to relieve the pressures build up by the situations of life, usually followed by drinking/drugs/other habituating outlets, and fourth, the results, short term positive consequences (quick relief of stress/pressure) and long term negative consequences (loss of job/ jail/ divorce).

Between the pressures of the environment and the emotional reactions I put the "I" (imago) for the image of God in man, the Interpreter of the events occurring to me/ around me (what I am saying to myself about these events). We are

more than just stimulus/ response animals. God has breathed into us His image and this "I" must be developed, and trained to enable us to make life-habituating choices that reflect health, spiritual well being, and moral stability. It is not enough to say "No" to a stubborn habit, we must also say "Yes" to its replacement. Where a void is created by the removal of a behavior pattern, that void must be filled by a replacement or the habit will return (even stronger).

So spirituality is the development of this image of God over a lifetime. Training the "I" to discipline my life for change each day, change that will mature God's purposes in me. Five concepts can describe this image. Each of these must be utilized, weakening the addictive life style while strengthen-

Chapel Call

Protestant

Sunday: 11a.m. Worship Service
Communion Sunday is the first Sunday of each month.

Catholic

Sunday: 9:30a.m./6p.m. Mass
For other Catholic services available in town, please call St. Patrick's at 423-2846

ing the image of God. These are all reflective of God, these "images" of Him. First is rationality. We have a mind to reason problems out. Replace emotional responses with reasonable problem solving techniques. Second is creativity. The Creator has shown His art throughout the world, we also are endued with skill and ability. Each one has a gift to discover and utilize. Here in lies our sense of worth/ significance and purpose. Third is community, one who seeks fellowship with others to be a friend, responsible and accountable to others. Fourth is ethics. The sense of a standard for me of right and wrong. Education of the conscience with an objective set of values. I usually suggest the Ten Commandments as a good starting point. Fifth

is mastery – as God has control of Himself, He has also given us the ability to manage our lives and develop self-control. Now the direct opposite of this maturing image is one that is: (1) irrational (rationalizing/ excusing/ blame shifting behavior), (2) self-destructive (no self-worth), (3) "lone ranger" mentality (isolationist- selfish), (4) hedonistic (pleasure seeker), (5) undisciplined- little built in structure to life, impulsive. As one "rehabituates" his life by implanting this image of God, he strengthens his spirituality and is less prone to fall prey to addictive behavior. He is transforming his life, by the grace of God, into one who can face the challenges of life (and combat) with a renewed sense of Honor, Courage, and Commitment.

Back to School Means Kids Can Get Exams, Shots

If you schedule a comprehensive health-promotion and disease-prevention examination for your children, you can send them back to school this fall knowing that they are healthy and well protected against disease. The exam is covered as a TRICARE clinical preventive service.

At the same time, have your children's immunizations records brought up to date. This is important for health reasons and is now required by many school districts around the country as a prerequisite to a child registering for school.

Immunizations are also regarded as clinical preventive services, and age appropriate dosages and vaccines will be provided for the children according to current guidelines of the Centers for Disease Control and Prevention, American Academy of Pediatrics, American Academy of Family Practice, and American Medical Association.

These services do not require care approvals. If you are a TRICARE Prime beneficiary, you must use a provider assigned by your Primary Care Manager (PCM) or use a network provider. If neither a PCM approved nor a network provider is available under the TRICARE Prime access standards, you may be referred to a non-network provider. Prime beneficiaries do not have a co-payment for clinical preventive services.

TRICARE Standard beneficiaries are responsible for the deductible and all cost-shares associated with these services but have the choice of receiving care from Military Treatment Facilities (MTF) (possibly on a space-available basis), network or non-network providers. When a TRICARE Standard beneficiary receives care from a network provider (thus accepting the TRICARE Extra option). That beneficiary receives a five-percent discount on services.

Charity Runners from Page 1

the same anxiety level as he felt just before bootcamp for example — the fear of the unknown. "It's almost all mental. It is one of the hardest events man can participate in, but I figured if Oprah and Al Gore can run one, I sure can."

Ladd, who is running the 13-mile half marathon, explained how he is preparing for the event. "Training, training, training, that's all you can do." He continued, "Long runs on Sunday, speed work once a week and build your weekly mileage. It takes time. Most marathons take about 20 weeks to train."

Ritter described what he might do once he crosses the finish line, after training so hard for the marathon. "Directly after the run, I may just go dive in the Washoe Lake right after crossing the finish line to clean off a bit, because I am going to want a round of hugs from my family and girlfriend who will be there at the finish line." Ritter added, "After that, I'm saying 'good bye' to the athlete diet for a couple of days and am going to have pizza for breakfast, lunch and dinner."

Crooker said most of the people pledging money say they are donating to the foundation, because they want to support the families. Also, some of the people

donating are family members already directly affected by leukemia in some way.

Ladd Crooker said he got the idea of coordinating the charity race while raising money for a different charity and was asked if he was raising money for Fallon. He wasn't at the time. But, he quickly changed that.

Crooker said it is a lot of hard work coordinating the event, and Lon Monroe, a race director, of the Silver State Marathon helped him.

You can help in the fight against leukemia by donating to or joining the 2002 Marathon Pledge Team. For more information please contact Ladd Crooker at 423-0324 or Lynn Clark at 423-6955.

Tax-deductible contributions can be made to the Fallon Families First account at any Wells Fargo Bank. For more information on how to help the families of leukemia, visit www.cityoffallon.com or call 423-0167.

Anyone who wants to coordinate their own event to sponsor Fallon Family First Foundation as their charity should contact Jennifer Tedford at 423-0167. The foundation may also be able to provide volunteers for your event.

Those interested in participating in the Lake Tahoe Marathon visit the website at www.laketahoemarathon.com.

The Desert Roundup Editorial Office, Public Affairs Office NAS Fallon, NV 89496

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All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication. Classified Ads: Classified advertising of personal items and services for

sale by members of the command may be accepted free of charge provided such items and services are not business operations, but represent an incidental exchange between active duty and retired military personnel and their families and from civilian employees at NAS Fallon. Free classified ads are limited to 24 words or less and must be submitted directly to the publisher on a form available in the Public Affairs Office.

Deadline for free classified ads is the same as the deadline for submission of article and photos. These ads are accepted only by mail or delivery by the above date to the office of the publisher, no phone-in ads will be accepted. Free classified ads may be emailed to eric.ritter@navy.mil

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Zip Upham, Public Affairs Officer
JO2 Eric Ritter, Editor/Layout & Design/Photographer
JO3 Denise Morris, Staff Writer/Photographer

BZs on Base



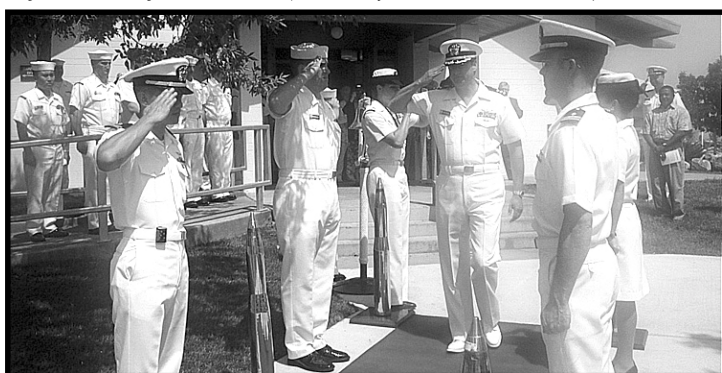
AIMU honors its Sailors of the Month (left to right), AM1 Timothy Holt, Senior SOM; AT2 Gabriel Gonzalas SOM and AE3 Dane S. Olson, Junior SOM (photo by AO1 Andres Vazquez).



Lt. Cmdr Mike Eby, OIC of the Branch Medical Clinic presents Lt. Cmdr. Stella Hayes, the outgoing Family Practitioner doctor a token of thanks as a farewell gift (photo by JO1 Patrick Lane).



A small group of Seabees from CBU-416 break ground at the old GOV car wash to build a new and improved GOV car wash. The project is projected to be finished in four months (Photo by JO2 Eric D. Ritter).



Cmdr Ron Centner is piped ashore during his retirement ceremony held at the base chapel Aug 15. Fair Winds and Following Seas, Doc (Photo by JO3 Denise Morris).

Doing time for a good time



YN3 David Hernandez waits his time in a jail cell as part of a benefit to raise money for the base's Navy Ball scheduled in October. A cook-out and a car wash also helped raise the money there. The jail cell hosted hundreds of people throughout the day, and the whole fundraiser drew in almost \$2,000. The fundraiser is designed to help keep Navy Ball ticket prices down so the base's junior personnel can afford to attend the event more easily. Tickets to the Navy Ball will be on sale through your department representative, or feel free to call AKC Wilkes at extension 426-2879, or Ens Hirn at extension 426-2120. (Photo by JO2 Eric D. Ritter).

2002 Navy Ball Softball Tournament!

Aug 24-25

It's that time of year again to lace up your cleats, grab your glove and have a ball while supporting the Navy Ball.

--Open to all active duty, dependents and military contractors.

--USSSA Rules will apply

--\$120 entry fee per team

--1st and 2nd team/individual trophies

--Mulligans (do-over swings) \$1 each

--Five Mulligan limit per game

For details, call 426-3619 or 426-4015

Out with the old; the Navy's technology continues to grow

By JO3 Denise Morris

All through history change is important for a society to flourish. In the Navy, change is not only important to its mission, but is unavoidable. If the Navy stayed the same since it began over 200 years ago, we would still be using sails on ships and wearing vests with nine buttons and breeches. In order to stay with the mission of the Navy, the service has to keep up with the world's technology.

The first ship to be actually commissioned received the name for the "new constellation of stars" on the American flag.

Decommissioned in 1933, the Constellation was recommissioned as a national symbol in 1940 by President Franklin Roosevelt. The treasured warship was decommissioned in 1955 and was taken "home" to her permanent berth in Baltimore Harbor. Now a National Historic Landmark, she is the last existing Civil War-era naval vessel and the last sail-powered warship built by the U.S. Navy.

And, just as the modern-day aircraft carrier *USS Constellation* (CV 64) was beginning her 19th overseas deployment, the original U.S. Sloop of War, Constellation completed a \$9-million restoration project in July 1999. The restoration will allow a new generation of Americans to learn about the important role Constellation had in our nation's history.

The first commissioned ship's name is still going strong.

Much like the evolution of the

old war ship to the new *USS Constellation*, the S-3B Viking is going through its own cycle of life.

Squadron VS-38 with the *Constellation* is one of a few squadrons flying one of the Navy's oldest aircraft: the S-3. They are training in Fallon as part of CVW-2 to get their aircrew ready for attack missions and bombing.

"When we come to Fallon, this is the CAG's opportunity to show that as far as live ordnance goes, we are ready to deploy," said AEC (AW) David Derby.

Just as with the F-14, which was delivered to the fleet around the same time, the S-3 will be replaced by the Super Hornet.

The first S-3 was delivered to a fleet squadron in 1974. Then, the S-3's primary purpose was for Anti-submarine Warfare (ASW) by using sonic buoys to track submarines. Now its major function in the squadron is tanking or aerial refueling the F-14 and F-18.

The mission of the S-3B continues to change as it adapts to the needs of the airwing.

Derby said there is an advantage of having an old aircraft in trend analysis and lessons learned. Because, the crew has been working on the aircraft for so many years, they know where all the trouble spots are. On the other hand, if you work on a newer aircraft, there are a lot of 'bugs' to work out.

AE1 Mike Staab, quality assurance representative, said he likes how the S-3 is maintenance friendly and the S-3 community is pretty tight.

Staab said that with an older aircraft the system's already proven, so it

is pretty much repetitive. The system goes through phases. He said about six or eight years ago there were more problems with different systems.

"It goes around in circles. Now we upgraded a lot of systems, and the plane is a lot easier to work with now," said Staab. "Overall it is not

ever-changing Navy.

Derby said the S-3 was supposed to begin decommissioning either next year or the year after, but that plan might be on hold.

"It basically depends on the success of the Super Hornet to determine when exactly the S-3 is going to leave," Derby continues, "Everyone

Overall it's going to be better for the Navy."

As Gaag stated, the S-3 is a classic. When it is finally decommissioned, the aircrew who have worked on the S-3 will have memories as former World War II pilots had on long-ago planes. As we look ahead and see that there are going to be



AT2 Cody Krzton-Presson performs maintenance on the S-3 Viking while here at NASF (photo by JO3 Denise Morris).

bad as far as electrical and engines." He added that the engines are easier to maintain compared to fighter aircraft engines.

"They may feel that it is time for it to go away, but they will miss it because that's all they know," said Derby.

"Right now, we are not doing the original mission for which the S-3 was built," said AM3 Antonio Gaag, maintenance. He said that it shows. For instance, the S-3 wasn't built for tanking the faster F-18.

Gaag works on airframes and working on an older aircraft means there is more work for them.

"When you have an older aircraft, a lot of the structural components of the aircraft break down a little faster," said Derby. "Some of the original parts on the aircraft have started to deteriorate and were manufactured with 1960's technology and doesn't hold up to today's mission or many flight hours."

"It's a classic already," said Gaag. Some parts have been rebuilt, because they were so damaged and the aircrew has to go to a different level of maintenance.

Gaag said he believes that even though it is a good aircraft, it is best to decommission and get a newer plane that can keep up with the missions. The Super Hornet will be able to do all the functions of a S-3 and more, plus keep up with the

already knows that the S-3 system already works and they are not going to get rid of the aircraft until it's intuitive that they don't need it anymore."

Even with its capabilities, the main reason they are decommissioning the Viking is because it can't keep up with today's changing technology. "To keep up with today's technology, it's cheaper to decommission, to use a newer aircraft than to keep upgrading one all the time," said Derby.

He said that some personnel have worked only on the S-3 with close to 20 years experience working on it. And, to be retrained on a new aircraft, is like "teaching an old dog new tricks".

"You get in that comfort zone and you know things about the aircraft that aren't necessarily in books," Derby added.

Gaag said the S-3 is the only aircraft with which he worked. He said it was going to be hard for him, because he is going to have to learn how to work with a different aircraft. He said he will be able to adapt to a different aircraft with training.

Staab said he personally doesn't want to retrain, and he'd rather stay with the S-3. He said he thinks the change will be better as far as parts logistics. "If you have 40 or 50 F-18's on the carrier, you don't have to have to have S-3 parts and F-18 parts.

many changes in the Navy within the next 15, what we know now will soon be classic.

One day what we perceive to be the leading edge in technology will look like old-fashioned sails on wooden ships to the generation 200 years flying star ships.

NEED A JOB TO IMPROVE YOUR RESUME?

By Beth Aiello,
Publicity Chairman NMCRS

Navy-Marine Corps Relief Society has a need of volunteers for several key positions. Volunteering at your NMCRS can really make a difference in your life and the lives of others. A few of the wonderful benefits are acquiring new job skills, making new friends while helping others, and increasing your self-confidence as you grow professionally. Another great thing is the society pays for your childcare while you volunteer and provides complete training.

Please consider devoting a few hours a week and partake in this positive and rewarding opportunity. For further information contact Jana Rybold or Shirley Parker at 426-2739.

Sports

Attention Runners!

Fallon Families First Foundation is welcoming anyone from base and the local community in joining our 2002 Marathon Pledge Team. The foundation has teamed up with the Silver State Marathon, It's not yet too late for the Aug 25 race and the Lake Tahoe Marathon will be held Oct 13 as an official charity petitioning runners and walkers to join the team. Both events offer races from 5K to the marathon (26.2 miles) including walking categories for all ages and fitness levels. Members of the team help raise funds for the charity which provides financial financial support to our local families who have affected by Fallon's leukemia cluster. For more information, call Ladd Crooker for more info at 423--0324 or Lynn Clark at 423-6955

NASF Labor Day 10K Run

when: 0730, 31 August 02
where: Starts at Medical Clinic Parking lot, goes down rabbit trail running track and out to May Ranch and back.
Cost: \$5 pre register at Gym or \$7 day of the event
Everyone gets a T-shirt, or 1st 30 persons to sign
1st & 2nd place Civilian get trophies.
1st & 2nd place Military get 96 / 72 hour liberty pass from our CO
Cold water will be provided at start and halfway mark.
Females will receive a 3 minute head start, though not mandatory.

— **MWR Four Man Scramble**, August 30, 1400, Fallon Golf Course. Limited to the first ten teams. \$30.00 per person. Registration covers green fees, cart, lunch and prizes. Registration and payments are due in the NASF Gym COB August 28. Door Prizes and prizes for closest to the hole and longest drive.

If you have any questions, please feel free to call 426-2949.

NASF shows it's wild for nature

By JO2 Luke D. Johnson

Imagine a quiet place where the only sound is birds singing in the wind, and you can casually stroll down a quiet tree-lined path. Well, that place is a lot closer than you think, and it's only a short drive out side of the Main Gate.

The NAS Fallon Wetlands Nature Trail is the perfect place to surround your self in quietness and learn something new about local wildlife. The trail is approximately a quarter of a mile in length and runs through a wetland. The trail is located just off base at the corner of Crook and Wildes Roads. Furthermore, It is a self-guiding and the trail provides an excellent opportunity for viewing migratory birds and other native Fallon wildlife. There are 15 interpretive signs that describe the wildlife that lives in the Great Basin. Native plants and animals can be seen along the trail, also many migratory birds can be seen in the spring and fall.

The trail first opened to the public in 1994 and is continually being maintained by volunteers and base contractors, such as the local Boy Scouts chapter and Day and Zimmerman. The Sea Bee's have also contributed to the trail by building a wooden walkway and an observation deck.

"We had the National Park service out here to help us design the interpretive signs along the trail," said

Gary R. Coddle, NAS Fallon's Natural Resources Specialist

Coddle also said that the NAS Fallon property on the corner of Crook and Wildes road was the best place to put a nature trail because there is a lot of wild life and also there is water from the surrounding irrigation ditches.

Surrounding the nature trail are irrigated pastures that are part of the Navy's agricultural outleasing program. The fields provide food for the many wildlife species such as white-faced ibis, egrets, gulls, yellow-headed blackbirds, and black-necked stilts.

According to Coddle, the best



The NASF nature trail, located at the corner of Crook and Wildes Road offers a beautiful view of a variety of plant and wildlife in the desert (Photo by JO2 Luke Johnson).

News and Notes

Attention bowlers

Bowling center will be closed until Aug 31 for renovations. Hot Stuff Pizza will remain open during this time.

Nevada State Fair bus trip

Aug 24
Depart Fallon, 11am, leave the Fair, 10pm; \$5 per person, transportation fee and ticket info at ITT. For more details, call 426-2880.

'Best in the West' Nugget Cook-off bus trip

Aug 31, bus leaves base 11am...for more info, call 2865

Jst Rec It presents Single Sailor night with a movie/ pizza night Sept 5 beginning at 6pm

Planet X presents Sumo Wrestling Aug 28 7pm-9pm

WWE Summer Slam--starts at 5pm at Planet X Aug 25.

All new Cantaloupe Festival, Aug 30&31, Sept. 1&2...concert, hypnotist, rodeo, mud volleyball, parachute smoke jump and much more. Volunteers are needed please call Linda Binns at 423-5881

PreTailhook party at the O Club--Sept 4, roasting three pigs, food served at 6pm Band, Fast Forward, starts at 8pm. It'll be the biggest party of the year!

At the Movies

Desert Moon Theater

Friday, Aug 23, 6:30pm

Friday, Aug 23, 9pm

Saturday, Aug 24, 6:30pm

Saturday, Aug 24, 9pm

Sunday, Aug 25, 2pm

Sunday, Aug 25, 5pm

Sunday, Aug 25, 7:30pm

Monday, Aug 26, 6:30pm

Tuesday, Aug 27, 6:30pm

Wednesday, Aug 28, 11am

Wednesday, Aug 28, 2pm

Wednesday, Aug 28, 6:30pm

Thursday, Aug 29, 6:30pm

Friday, Aug 30, 6:30pm

Friday, Aug 30, 9pm

Saturday, Aug 31, 6:30pm

Saturday, Aug 31, 9pm

Sunday, Sept 1, 2pm

Sunday, Sept 1, 5pm

Sunday, Sept 1, 7:30pm

Crocodile Hunter (PG)

Men in Black 2 (PG13)

Reign of Fire (PG13)

Star Wars Episode 2 (PG13)

Lilo and Stich (PG)

Scooby Doo (PG13)

Crocodile Hunter (PG)

Lilo and Stich (PG)

Mr. Deeds (PG13)

Lilo and Stich (PG)

Mr. Deeds (PG13)

Men in Black 2 (PG13)

Stuart Little 2 (PG)

Mr. Deeds (PG13)

Star Wars: Episode 2 (PG13)

K-19 (PG13)

Eight-legged Freaks (PG13)

Lilo and Stich (PG)

Men in Black 2 (PG13)

Stuart Little 2 (PG)

Movie dates and times after Sept 2 TBA
Call the Theater for up-to-date times at 426-2552



Is your child ready to be HOME ALONE?

In today's society both in military and civilian communities, children caring for themselves has become a way of life. According to national statistics, as many as a million children in the United States care for themselves on a regular basis. These children are commonly referred to as "latchkey kids."

Often "latchkey kids" not only care for themselves but also assume responsibility for their younger siblings. As parents we must make certain that our child is old enough and mature enough to act appropriately in emergency situations when left alone. Children often experience fears and anxieties particularly when faced with problems as do adults, but you must decide if your child has the maturity to handle the situations that might arise. Before you decide if it is a good idea to leave your child in a self-care situation and/or with the responsibility for other siblings, answer the following questions.

1. Is your child comfortable with the idea of being at home alone for extended periods of time? Ask them!

Encourage them to talk about their feelings!

2. How good is your child's judgment/maturity? That is what Nevada Child Protective Services uses to determine neglect. Is the child mature enough to be alone or to be left caring for younger siblings?

3. What responsibilities will he/she be left with? Are these responsibilities appropriate for the age and maturity of the child?

4. What are the risks?

5. Can your child say "no" if friends encourage him/her to break the rules? Peer pressure is a very strong motivator for kids.

6. What does your child do when he/she gets bored?

7. Will you make time to have long talks with your child every day? If you don't, whom will your child talk to?

After you answer these questions, then you, as parents, need to evaluate your situation and ask yourself, "Is it a good idea for my child to be at home alone caring for him/herself and/or younger siblings?" If the

answer is yes, then you can make the experience safer by talking through all the "what if's" with your child. The child can "practice" being home alone by starting with short periods of time while parents run errands or go for a walk. Here are some other tips to ensure the safety of your child/children at home alone:

1. Review safety rules about matches, knives, scissors, and have a

clear understanding about use of ovens, stoves and other appliances.

2. Rehearse emergency 911 phone calls giving the full address and directions to the home.

3. Teach basic first aid and have a first aid kit available.

4. If your child carries his/her own house key, make sure the key is not visible. A child wearing a key around his/her neck is a sure sign of a "latch-key kid" and makes them vulnerable to strangers.

5. Make sure all fire detectors are working. Be sure your child knows how to use emergency equipment like fire extinguishers. Take your child through escape routes in case of fire.

6. Make sure emergency numbers are posted by the phone including

the number where you can be reached.

7. Instruct your children NOT to tell callers that they are alone. They should say their parent/parents are busy and will return the call. Warn them NEVER to let strangers into the house. Clearly state rules about their friends visiting.

8. Set up an emergency plan with a friend or relative who is willing to be called by your child for advice or reassurance and be sure their phone numbers are on the emergency list by the phone.

9. Praise your child for doing a good job. You may be pleasantly surprised at how readily and how well he/she assumes responsibility when prepared and given the opportunity.

FFSC AUGUST CLASSES

Wed – Aug 28 – Sep 4 & 11 True North 11:30am – 12:45pm FFSC, Bldg 309

This is a weekly support group for those whose lives have been touched by any kind of addiction. Whether it is family members or friends, past or present. Come and join in discussions with others who have been/or are in the same boat.

Thu – Aug 29-Sep 5 & 12 Write Your Life 11am – 12:30pm FFSC, Bldg 309

Here's a journal writing workshop that will have you growing and going to levels that you never thought possible. Discover the ability to transform your life. Bring your lunch, your journal, pens and a curious, creative spirit!

Thu – Aug 29- Sep 5 & 12 Couples' Communication 1pm – 4pm FFSC, Bldg 309

Communication is more than just talking. Revive your relationship by discovering ways to connect yourself and your partner through the artful use of effective communication. Reduce conflicts, get heard, and hear what your partner is trying to express.

Mon –Aug 26& Sep 9 Eustress 2 1pm – 4pm FFSC, Bldg 309

You've already taken the Stress and Anger Management classes and you could use a refresher as you begin to apply those new management principles to everyday life. Now every Monday beginning on 26 Aug you can get together with other life skills graduates for ongoing support in converting distress into the positive Eustress. Bring your lunch and your frustrations!

Wed – Sep 11 Anger Management 1pm – 4pm FFSC, Bldg 309

Ever feel out-of-control? Does your anger sometimes get the best of you? There are Techniques that can help! Learn to control your anger and not let it control you!

Wed – Sep 18 Assertiveness Training 1pm – 3:30pm FFSC, Bldg 309

According to human relations gurus "Assertive behavior promotes equality in human relationships, enabling us to act in our own best interests, to stand up for ourselves without undue anxiety, to express honest feelings comfortably, and to exercise personal rights without denying the rights of others." This class will assist you in becoming an assertive, effective and powerful communicator enabling you to get the best from yourself and others!

Mon -Wed –Sep 16-18 TAP 8am – 4pm FFSC, Bldg 309

This course is designed those active duty military who will be or are considering processing out of the military. This Transition Assistance Program can assist you in making your decision and/or help you prepare for civilian life.

All classes are free to active duty military, retirees, and family members!

Call the FFSC at 426-3333 to register for classes.

PUBLIC NOTICE

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Bureau of Medicine and Surgery Inspector General (BUMED IG) will conduct a joint accreditation survey of Naval Hospital Lemoore from 16 September 2002 to 20 September 2002.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission and United States Navy standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives or the BUMED IG at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview with JCAHO must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations

Joint Commission on Accreditation of Healthcare Organizations

One Renaissance Boulevard

Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time, and place of the meeting.

Requests for an interview with the BUMED IG can be made by calling 1-800-637-6175.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is completed.

Date Posted: 15 August 2002

Employment Opportunities

VACANCY NOTICE

Churchill County High School NJROTC Program announces a position:

Naval Science Instructor

This position will serve as an assistant to the Senior Naval Science Instructor.

Position requires: Retired or will be retired by August 2002 from the U.S. Navy or U.S. Marine Corps.

Naval Science Instructor Certification or qualified to obtain certification by August 2002.

Completed Churchill County School District application including a resume.

Salary based on active duty pay and retirement pay.

200 day work calendar to include actual 182 school days.

Application Deadline: 4 p.m. on Friday, May 24, 2002.

For information, call Personnel Office (423-5184) – Mrs. Lori Norcutt, Gary Imelli, Assistant Superintendent or Commander Rod Maskew, Naval Science Instructor – CCHS (423-2181)

Supply Clerk

Salary Range: \$24,701-\$32,113

Knowledge, skills and abilities: Knowledge of standardized supply regulations to perform routine technical support duties related to maintaining property accounts and records, completing individual transactions, providing customer assistance, screening reference files, conducting data searches and distributing output files.

Who may apply: Current or former permanent federal employees eligible for transfer or re-instatement, veteran readjustment appointment eligibles, disabled veterans, applicants meeting criteria for serverly physically disabled and current DoD nonappropriated fund employees. How to apply: If you are interested in applying for the position listed above, please submit your resume on line www.donhr.navy.mil or you may email your resume to wantajob@sw.hroc.navy.mil. Please select announcement number 2005. U.S. citizship is required.

Security Assistant

Salary range: \$22,078-\$35,796

Knowledge, skills and abilities: Responsible for assisting in the exeutuion of personnel, information, ADP and physical security programs at NSAWC. Assists the

security department and command by performing a variety of clerical and administrative duties in support of the Security specialists. Responsible for the administation of the security program for a major critical program of highly classified nature. Incumbents will be required to obtain and maintain a top secret clearance. Coordinates and/or conducts destruction of classified material. Maintains destruction records. Provides computer support, utilizing microcomputers and computer grograms and loading of software onto the hard drives. Performs internal physical security functions for facility including making safe combination changes and administering lockup procedures. Open to all U.S. citizens.

If you are interested in applying for the position listed above, please submit your resume on line www.donhr.navy.mil or you may email your resume to wantajob@sw.hroc.navy.mil. Please select announcement number 0086. U.S citizenship is required.

Emergency Communications Dispatcher

Salary Range: \$24,701-\$32,113

Major duties: Operates all communications links pertaining to law enforcement, physical security, fire suppression, aircraft crash/rescue vehicles and personnel.

Knowledge, skills and abilities: Ability to operate multiple radio communications equipment simultaneously. Ability to operate alphanumeric keyboard. Ability to dispatch emergency response vehicles to exact locations. May have highly stressful situations.

Who may apply: Current or former permanent federal employees, disabled veterans meeting criteria and current Dod nonappropriated fund employees. If you are interested, please submit resume to wantajob@sw.hroc.navy.mil. Please select announcement 2151.

VOCATIONAL NURSE (GS-0620-05)Full time position at the Branch Medical Clinic, NAS Fallon, NV. Position provides assistance to medical staff, patient education and oversees immunizations and Acute Care Treatment Room. \$24,701 - \$32,113 per year + bonus. Benefits available. Contact HRO at (559) 998-3812/3804 for info on how to

apply or log on to www.dohnr.navy.mil to create and submit your resume on line. Please look for announcement DEU-564-01-AMEND#3-NR. You may also submit your resume via email to nrweb@sw.hroc.navy.mil, type resume, your first name and last name, and the announcement number on the subject of your email. By mail, please send to: Human Resources Service Center Southwest, 525 B Street, Suite 600, Attn: Code 521 - Delegated Examining Unit (DEU-564-01-AMEND#3-NR), San Diego, CA 92101-4418.

VOCATIONAL NURSE (GS-0620-05)Full time position at the Branch Medical Clinic, NAS Fallon, NV. Position provides assistance to medical staff, patient education and oversees immunizations and Acute Care Treatment Room. \$24,701 - \$32,113 per year + bonus. Benefits available. Contact HRO at (559) 998-3812/3804 for info on how to apply or log on to www.dohnr.navy.mil to create and submit your resume on line. Please look for announcement DEU-564-01-AMEND#3-NR. You may also submit your resume via email to nrweb@sw.hroc.navy.mil, type resume, your first name and last name, and the announcement number on the subject of your email. By mail, please send to: Human Resources Service Center Southwest, 525 B Street, Suite 600, Attn: Code 521 - Delegated Examining Unit (DEU-564-01-AMEND#3-NR), San Diego, CA 92101-4418.

Looking for that one particular elusive item? Put your wanted ad in the Desert Roundup. Call 426-2880 for more information

Desert Classifieds

Pets:

--If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information.

Autos

:FOR SALE-

--Dodge Ram Mopar bedliner--less than 1-year old.

Fits short bed. Excellent condition. All attaching hardware included.

Bug deflector brand new.

Both for \$150. Call 423-9675

--2001 GMC Jimmy 4x4 SUV for sale. 26,000 miles, every option but leather. still under warranty. asking \$18,500 firm, well under blue book. Ask for Joel 428-6898

--For Sale-1987 Ford F-150 4x4, extended cab. Good condition, runs well. \$3,000. Call Daryn. (775)530-7237 (w) 423-1895(h).

I am looking for a roommate to share a 2 bedroom, fully furnished apartment located in a quiet part of town. The rent is \$275 a month and includes all utilities (elec., gas, water, garbage) Cable TV and telephone are extra. It takes approximately 10-15 minutes to get to Fallon NAS 423-7918

--Motorcycles: 1998 RM 125 Suzuki, many-many extra parts, excellent running machine, must go... asking \$2,850.00 or best offer (O.B.O.); 2001 RM 125 Suzuki, brand new with low hours, must go, asking \$3,750.00 or best offer (O.B.O.) Truck: 1997 Dodge Ram 1500, extended cab, 4x4, 5.9L V-8, automatic transmission, power everything, 3.5 inch lift with off-road tires, sprayed in bed liner, asking \$16,500.00 or best offer (O.B.O.) Contact Dustin Wiggans anytime. Work (775) 426-2319 or Home (775) 428-1122

--Dual Stroller for sale. Two-way stadium seating. All-terrain tandem stroller. Excellent Condition. Front seat reverses so tots can ride face-to-face. Rear seat fully reclines. Great for infants. Asking \$100. Call Laura at 423-9465.

--Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500. Please call 423-2624.

--1995 G.E., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal working hours or 423-8619, after normal working hours.

--Deluxe Stoller with car seat \$45 obo and "Hello Kitty" high chair, \$5; 2 bar stools, \$15 or 1 each, \$8 Call Mardie at 423-2246.

--Roommated wanted: 2bedroom townhouse. Room is 15x13.

Military male preferred. \$300+utilities. Call KC 423-9675

Moving Sale: Intel Celeron comp, 5'x6' hobby train table, child seat, children's ski gear, furniture, HD battery, and much more. Call 423-3625 before 19 Sep.

Moving Sale:

New Washer/Dryer - \$500

Panasonic DVD Player - \$50.00

(2) Black Italian Leather Sofa's - \$500.00

Air Conditioner (Window Unit) - \$100.00

Contact Erich Sweaney @ 423-0457 (h) or 426-2801 (w). OBO for all items.

Youth from page 1

to the Center because she is native of Fallon and doesn't plan on leaving any time soon. She moved here with her family when she was eight years old and also has other ties with the base since her husband works with a contractor here.

The mother of three has worked in the child care field both in the City of Fallon as well as here on base where she was involved in MWR's 'Tiny-Tots' program. "I have been in the classroom with pre-school aged children for ten years," said Goodrick, adding that she was ready to do something more than classroom work. "This job is the perfect marriage of what I wanted to do," she said, speaking of her desire to work more in management, yet continue to work directly with the children.

Her experience working in the classroom environment helps her to be a better manager and provide for the six other personnel working at the center. "Having been in their position (Rec Aides) for so many years, I know what is needed and I try to give them what I think they are going to need to make their job easier," she said.

The Child Development Center attends to the child care needs of children up to the age of five and though the home based child care program here is able to take older children, proprietors do not normally accept school aged children. The Youth Activities Center fills this child care need with a program specifically designed to suit the needs of children between the ages of six and 18.

"This is a unique job in that we have two customers to serve," she said, explaining that she must keep both the parent's needs and the children in mind when planning services. She said she continually asks herself, 'what can we do for the kids that will be easy for the parents?' Explaining further, Goodrick said that she must balance programs for the children that fit the parents' schedules as well as their transportation and fiscal concerns.

"What I am hoping to do is broaden the horizons of what this program does," she said. In fact, she has already begun planning to relocate resources to allow the Child Development Homes building to be made into a Teen Center. She recognizes that parents might think that their teens may be too old to attend the Youth Activities Center and is developing programs to attract pre- to early teens. "They may be 12 or 13, but they still need someplace to be and they still need something to do," she said.

Goodrick explained that the teen dance held here recently is an example of her teen-targeted program and was a great success with nearly 30 teens attending who were entertained with pizza and a DJ. Events such as Rock n' Bowl also are on line for future programs and Goodrick is optimistic

about the success of these events as well. She explained that the events are deemed "cool" enough for the teens to accept, yet they are supervised by adults and conducted in a controlled environment. "We're going to provide them with things that are interesting to children in an environment that is safe for them," she said.

A wide variety of activities are available on a daily basis such as computers, arts-and-crafts, and sciences projects as well as playground and swimming activities. Additionally, organized field trips are planned each week to include locations such as the Railroad Museum in Carson City and the Sierra Safari Zoo outside of Reno. All of this, including daily snacks and lunches as well as entry fees to attractions on the field trips, is covered by the weekly dues.

Goodrick currently serves over 30 children at the Center, but says she has space for 50 children. With the school year beginning and all the new programs she has put in place, she believes there will be an increase in parents enrolling their children at the Center. She explained that all of the child care facilities are open to DoD civilians and contractors as well as active duty families, although active duty families have precedence if there is a waiting list. The Center also provides for children on a 'drop-in' basis with both daily and hourly rates. "If you have to go to Reno for the afternoon, we're here for you," she said.

Goodrick's experience and expertise in the field of child development accounts for the professional service provided for by her and her staff. But the high energy level and exuberance for the job can only be explained by a love for children. "You get to watch children explore and love life. What could be a better job?" she asks. "It's one of those jobs that is truly rewarding," she added. "I have wonderful staff here. Everyone who works here is here because they love the kids," said Goodrick.

CDC from page 1

are given one-on-one instructions. It's unique, too, because the children can have fun while learning with blocks for example and other forms of hands-on techniques."

The CDC is not just a daycare in many senses. Children learn skills and disciplines that they can use as to an advantage when they graduate to kindergarten. Porter said that the children have access to some the latest learning tools, too, to develop those skills. There are electronic learning tools like educational videos and tools as simple blocks and toys.

Included in the price for the child to attend, they receive everything they will need throughout the day while there. Diapers are changed, crafts are provided and all the meals are prepared in the CDC everyday. Meals are even prepared for the children when they go out on field trips.

The CDC prides itself on its outstanding performance in over-all quality. It is inspected by representatives from BUPERS four times a year and may even get a surprise inspection from time to time.

A surprise inspection popped up recently, and Porter said the CDC passed with flying colors. "We don't necessarily prepare for inspections," she said. "We keep the center organized as though there is going to be an inspection everyday. We have higher standards here. That's just the way we do it."

CDC is always looking for ideas to raise money to purchase new equipment and supplies. They are also open to any suggestions or concerns that will help the center. To help in the communications between parents and the CDC, meetings are held quarterly to discuss a variety of topics.

Things have changed a lot for military members and their families over the years, and it's only going to get better said Porter. Military members are going to have children, and it's good to know that the tools are here to provide some of the best care a child can get while the parents are out performing their military duties.

Troops To Teachers Program

Program Function

The purpose of Troops To Teachers (TTT) is to assist eligible military personnel to transition to a new career as public school teachers in "high-need" schools. Counseling, referral, and placement assistance is provided through our network of state placement assistance offices. Twenty-five TTT State Support Offices have been established to assist participants with certification requirements and employment leads. The TTT homepage provides information and resource links, including a job referral system to allow participants to search for job vacancies as well as links to state Departments of Education, state certification offices, model resumes, and other job listing sites in public education.

Pending availability of funds, financial assistance may be provided to eligible individuals as stipends up to \$5K to help pay for teacher certification costs or as bonuses of \$10K. Stipend and bonus recipients must agree to teach for three years in school locations that meet certain Department of Education criteria. The maximum amount of assistance is 10\$K per person. Specific requirements: (A) Stipends of up to \$5K are available to reimburse costs associated with becoming certified to teach. Recipients of these stipends must agree to teach for three years in a school located in a "high-need" district. (B) Bonuses of \$10K are available to those who agree to teach for three years in a school that serves a high percentage of students from low-income families.

Eligibility

Eligibility for funding: see the registration form for specific listing of eligibility categories or visit the TTT Home Page. Those interested in elementary or secondary teaching positions must have a bachelor's degree or higher from an accredited college. Those interested in teaching vocational subjects (e.g., electronics, automotive repair, construction trades, etc.) are required to have the equivalent of one year of college and six years of related experience.

Registration

Those interested in Troops to Teachers should contact their base Education Center / Navy College office for a registration form or download a registration form from the Troops to Teachers Home Page. Individuals on active duty may register for the Troops to Teachers program at any time. They will not be eligible to apply for funding or referral assistance until one year prior to retirement.

Information

For more information about Troops-to-Teachers, write or call:

Address:

DANTES Troops to Teachers
6490 Saufley Field Road
Pensacola, Fl. 32509-5243

Home Page: <http://voled.doded.mil/dantes/ttt>

Phone: 850-452-1320

Toll Free: 1-800-231-6242

DSN: 922-1151

E-Mail: ttt@voled.doded.mil

For a listing of the Troops to Teachers State Offices, call DANTES or visit the Home Page at the above address